



US Army Pregnancy/Postpartum Physical Training Program (PPPT)

Business Case Analysis

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Purpose

- **Review program background development**
- **Review program key points and components**
- **Review requirements for PPPT implementation**
- **Present budget actions to facilitate PPPT implementation**
- **Provide recommendations for Army-wide program implementation**



Facts

- **Army has a responsibility to provide safe, adequate training and guidance for Soldiers to meet fitness standards it requires**
- **Priority is to maintain fitness during pregnancy and to return fit Soldiers back to unit PT after delivery**
- **Exercise during pregnancy and postpartum is beneficial to the Soldier and her baby**
- **Retention was enhanced by participation in PPPT**



Challenge

Maintain Fitness and Retention

- **15,703 AD females ('04 data) deliver child annually**
- **No standardized Army PT program for pregnant/postpartum Soldiers, therefore:**
 - Reduction in fitness levels
 - Increase in injuries/ illnesses
 - Retention concern
- **Current Army policies inadequate**
- **Army Family Action Plan issue with G-1 as the lead since 2002**



AFAP Issue # 532

Standardized Army-wide Pregnancy Program for Soldiers

Scope:

- Limited installations offer educational and physical fitness training programs for pregnant and postpartum Soldiers
- Unavailability or lack of participation has a negative impact on readiness and well being of the Soldier
- Unsatisfactory APFT scores and meeting weight standards

Conference Recommendations:

Develop and implement a standardized, mandatory, Army-wide physical training program that encompasses both the period of pregnancy and postpartum period with command emphasis on:



Solution

WHAT?

- **Establishment of Army-wide PPPT program IAW MEDCOM recommended standards and policies**

HOW?

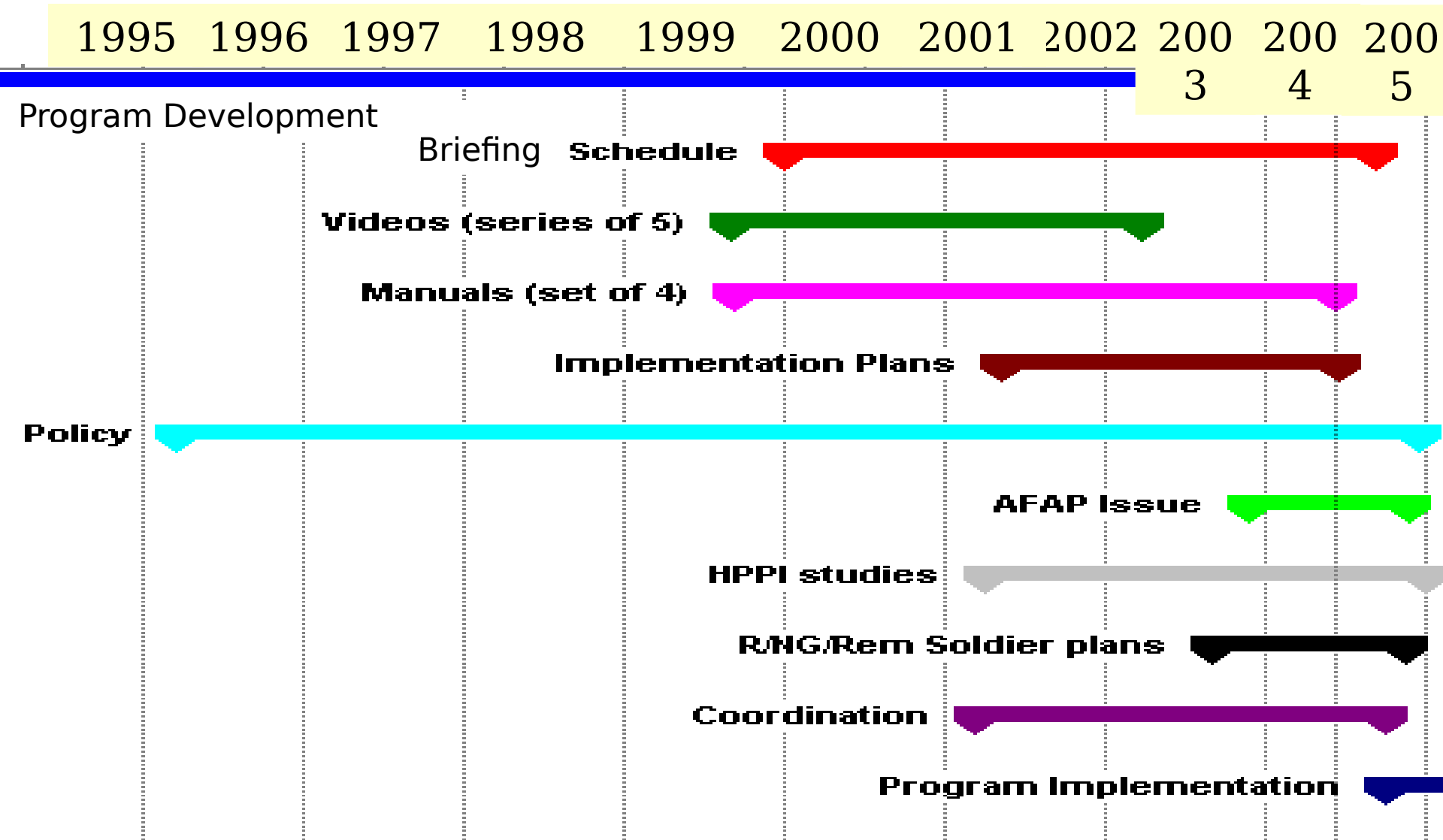
- **G3 mandate approved PPPT Program as a component of US Army Physical Fitness Program with coordination from MEDCOM and IMCOM.**

WHY?

- **Consistent with AR 350-1, Education and Training and AR 40-501, Standards of Medical Fitness**
- **Shown to be effective and safe**
- **Provides benefits of readiness/medical cost avoidance**



Development/Implementati on





Science-Based Program

Affect Readiness by Maximizing the Return to Fitness

BENEFITS of CONSISTENT PARTICIPATION

Improve maternal fitness performance

Increased postpartum fitness levels

Reduce body fat and weight gain

Increase morale by providing safe PT

Lessen physical discomforts during pregnancy, labor, and delivery

Reduce cesarean rate

Increase self-esteem and reduced stress

Improve health benefits and well-being

Recommends implementation of pregnancy/PP fitness programs at all installations



PPPT Program Resources

- **Manuals**
- **Video Tapes**
- **Implementation Guide**
- **Educational Presentations**
- **USACHPPM Website**
 - **Resources**
 - **Data reports**
 - **Sample briefings**
- **Leaders Training Course**



Program Evaluation

- **Readiness Impact**
 - Pre-pregnant vs. Post-delivery APFT measures indicate **FITNESS LEVELS MAINTAINED**
 - No statistically significant difference in pre-pregnant and post-delivery APFT total scores
- **Retention Impact**
 - **14% PPPT participants influenced by program NOT to Chapter 8**
- **Economic Benefit**
 - **Estimated cost avoidance of \$18,421,020 per year**
 - **Readiness and medical costs avoided**



Pregnancy/ Postpartum Exercises

- Centering
- Strengthening
- Flexibility
- Special exercises
- Cardiovascular
- Relaxation/ Stress Management
- Core strength/ calisthenics





Local PPPT Implementation

Commander's Consolidated Installation Program

PREGNANCY

Y 9 + Months

POSTPARTUM

M 6 Months

Diagnosis Delivery Convalescence Profile Recovery Postpartum PAPFT

40 Wks

6 Wks

4 Wks

Up to 14 Wks

Physical Training in Unit Pregnancy PT Program

Physical Training in At-Home Postpartum PT Program

Physical Training in Unit Postpartum PT Program

Regular unit PT activities begin at conclusion of 6-month recovery period as outlined in AR



Endstate

PPPT as an Army program with

- **Specified proponent designated by G3**
- **Dedicated resources**
- **Requirements to meet:**
 - **Standardization**
 - **Professional program management**
 - **Certified training expertise**
 - **Metric to measure program effectiveness**
- **Support from MEDCOM and IMCOM to mission commanders for specified tasks**

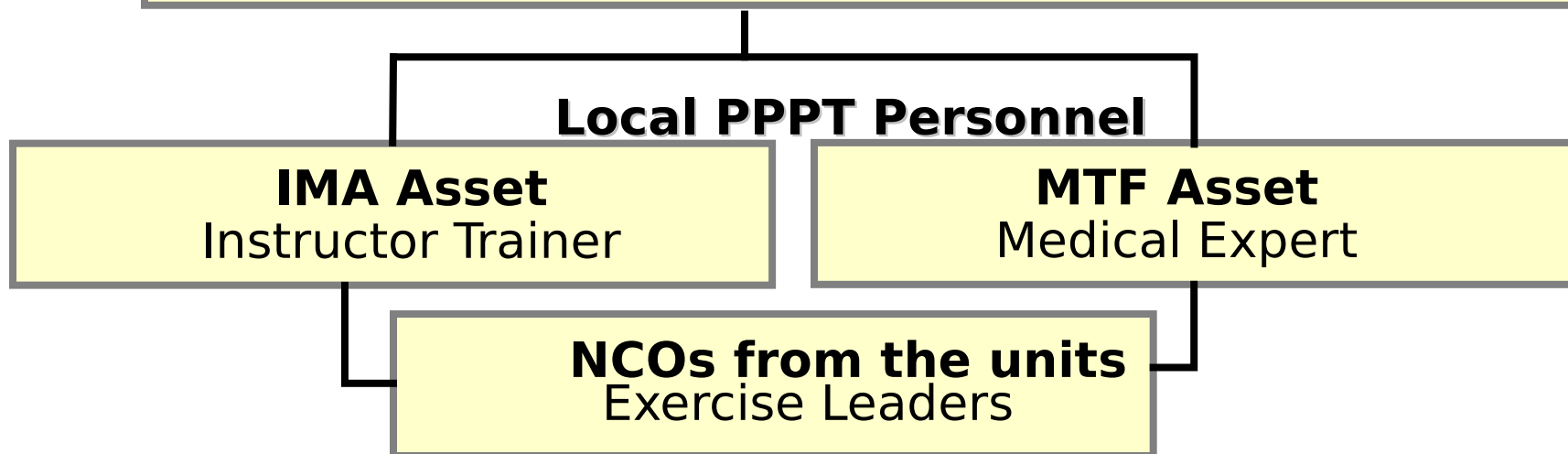


Requirements

Commander's Consolidated Installation Program

PERSONNEL

US Army Physical Fitness Training Program Proponent



FUNDING (annual) using existing personnel and equipment for local

Cost per enlisted pregnancy per recurring year	\$
16	

Cost Army-wide (32 local programs- 2K/Installation)	\$
64,900	

Cost for a proponent staff person to oversee program	
\$125,000	



Cost / Benefit

TOTAL COST TO THE ARMY (local programs + proponent staff)

Cost - Year One of Implementation

Description	Total
Labor (DAC health/ fitness FTE)	\$125,000
Travel	\$ 51,600
Supplies/Equipment	\$168,000
Total Cost - Year One of Implementation	\$344,600

Cost - Year Two and Beyond

Description	Total
Labor	\$125,000
Travel	\$ 51,600
Supplies/Equipment	\$ 13,300
Total Cost - Year Two and Beyond	\$189,900

Economic Analysis (FY 07-13)

Costs	\$1,484,000
Benefits	\$109,098,491
ROI: Benefit to Cost Ratio	73.52
Break-Even Point Occurs at	Year 1
Cost Per Enlisted Pregnancy Per Year One/ Year Two and beyond	\$85/ \$47

TOTAL COST TO THE ARMY (local programs ONLY)

Cost - Year One of Implementation

Description	Total
Labor	\$ -
Travel	\$ 51,600
Supplies/Equipment	\$ 168,000
Cost - Year One of Implementation	\$ 219,600

Cost - Year Two and Beyond

Description	Total
Labor ¹	\$ -
Travel	\$ 51,600
Supplies/Equipment	\$ 13,300
Total Cost - Year Two and Beyond	\$ 64,900

Economic Analysis (FY 07-13)

Costs	\$609,000
Benefits	\$109,098,491
ROI: Benefit to Cost Ratio	179.14
Break-Even Point Occurs at	Year 1
Cost Per Enlisted Pregnancy Per Year One/ Year Two and beyond	\$54/ \$16



Benefits

Benefits = Costs Avoided

\$18,973,651

Readiness Related Benefits

- Average Recruitment and Training Dollars Lost \$ 11,959,939
- Productivity Cost Lost (based on work hours lost) \$ 5,597,960

\$17,557,899

Qualitative Benefits

Medically Related Benefits

- Reduced physical complaints during pregnancy. \$ 607,402
- Fewer cesarean sections (C-section deliveries) \$ 808,339
- Less weight gain resulting in lower body mass index
- Recovered more rapidly from birth process
- Improved morale and sense of well-being

\$1,415,752



Coordination

Endorsements for video scripts, manuals, implementation guide	
OTSG Obstetrics/Gynecology medical consultant	Concur
OTSG Women's Health medical consultant	Concur
OTSG Women's and Maternal Health nursing consultant	Concur
OTSG Obstetrics/Gynecology Nursing consultant	Concur
TRADOC Surgeon	Verbal support
FORSCOM Surgeon and FORSCOM G-1	Verbal support
G-1, Human Resources	Concur
Approval for content, safety, and local implementation guide strategies	
Commandant, US Army Physical Fitness School	Concur w/comments
USACHPPM staff coordination	
Registered dietitian	Concur
Physical therapist	Concur w/comments
Pediatric physician	Concur w/comments
Health risk communication	Concur w/comments
Legal office	Concur
Health information office	Concur
USACHPPM staff approval	Concur



Proposed Implementation Milestones

- **TSG endorse program (completed June 05)**
- **ARs and policies updated (Submitted Aug 05)**
- **G1 endorse program**
- **G3 accept proponency**
- **IMCOM support provided**
- **MOUs and support agreements written**
- **PPPT specified program proponent personnel appointed, hired, resourced**
- **SME train PPPT specified program proponent personnel**
- **Implement PPPT Program Army-wide**



Recommendations

Establishment of Army PPPT as component of Army's Physical Fitness Training Program IAW the developed standards.

TSG has endorsed PPPT program by:

Approving staffing to G-1, G-3, and ACSIM for implementation.
Update to AR 40-501 is in progress.

Recommend the following -

G-1 facilitate Army-wide PPPT implementation by:

Request G-3 and ACSIM endorsement of PPPT program

Distribute policies to implement PPPT programs Army-wide

Update AR 600-9 and AR 600-63

G-3 accept proponency by:

Approving proposed program and designating specified proponent

Authorizing resourcing of the Army PPPT Program

Updating AR 350-1 (as necessary)

IMA support proposed PPPT program by:

Provision of adequate and appropriate facilities/ equipment/ personnel to meet requirements for implementation as component of US Army Physical Fitness Training Program